

NAPA/SOLANO AREA AGENCY ON AGING



ASSISTANCE - ADVOCACY - ANSWERS



AgeWell e-Newsletter | July 2021, Issue 01 | AgeWell is an ACOA publication



Welcome to AgeWell, a quarterly publication of the Advisory Council to the Napa/Solano Area Agency on Aging. AgeWell articles give insight and perspective about opportunities and issues facing older adults living in Napa and Solano Counties. You are encouraged to learn, engage, and give us your feedback! Please forward the newsletter to friends, family, and co-workers.

-Richard White, Advisory Council on Aging, Chairperson

To learn more about the Advisory Council on Aging, take a moment to visit our website by clicking the blue button and/or navigating to <https://www.aaans.org/>. For an in-depth look at how your ACOA has been fighting for adults, click [HERE](#)

[Visit our Website](#)



FEATURE STORY: A Personal Reflection on Aging

By Donna Altes, member, Napa/Solano Advisory Council on Aging

>> [CLICK HERE](#) to read the article



Live Longer, Volunteer!

WHY VOLUNTEER? I'm Glad you Asked!

By Susan Ensey, Secretary, Napa/Solano Advisory Council on Aging

>> [CLICK HERE](#) to read the article



Staycation with Virtual Reality

Feeling anxious, isolated, lethargic? Take a vacation or class... from your living room! Virtual Reality (VR) headsets are proving to lift spirits, reduce feelings of isolation and create feelings of connectedness.

Investments of a few hundred dollars and subscriptions to vacation destinations or classes immerse the user in fun and exciting experiences. A quick internet search can start you on a new adventure.



Manning the Cart to get a Vaccine

Mina Diaz, a new Advisory Council member and Vallejo City Council Member helped organize a COVID-19 vaccine clinic. When the vendor wasn't going to get vaccinated because he needed to tend to his cart, Mina offered to "man the cart" so that he could be vaccinated. ACOA members doing what needs to be done!



A MATTER OF BALANCE

We're Looking for Coaches!

Coaches help participants to become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance. Please consider participating in our FREE, online training on August 16 and 17, 2021 from 9 a.m. - 3 p.m. >> [CLICK HERE](#) to download the official flyer.



EMERGENCY RENTAL ASSISTANCE PROGRAM



The Solano County **Emergency Rental Assistance Program**, known as "ERAP," provides help paying rent & utilities for income eligible renters living in Solano County who experienced financial hardship due to COVID-19. Learn more or apply online by visiting <https://www.ccyoso.org/solanoerap>.



The Alzheimer's Association® is leading the fight against this devastating disease, but we cannot do it alone. Here are three ways your organization can join us.

Participate:

Start a Walk to End Alzheimer's® team in your organization or encourage small groups within your organization to start teams. You can participate together at Walk to End Alzheimer's in Solano County on Saturday, October 16, 2021 at Harbor Plaza in Suisun City. Register your team by [CLICKING HERE](#).

Volunteer:

The Walk Planning Committee is at the heart of every Walk event. This dedicated group of volunteers drives the event's development and growth – advancing the fight against Alzheimer's from the ground up. Encourage members to join the committee or volunteer at Walk. We are always in need of people to help set up, tear down and work various stations before and during events. We also need volunteers to spread the word about Walk by putting up posters and distributing fliers and other information around the community.

Educate:

Offer Alzheimer's Association resources to your organization and the community you serve. We offer numerous services and programs that can help. In addition, our comprehensive [website](#) and 24/7 Helpline (800.272.3900) are available around the clock, 365 days per year, providing reliable information, resources and support.

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